

This Page Is Inserted by IFW Operations
and is not a part of the Official Record

BEST AVAILABLE IMAGES

Defective images within this document are accurate representations of the original documents submitted by the applicant.

Defects in the images may include (but are not limited to):

- BLACK BORDERS
- TEXT CUT OFF AT TOP, BOTTOM OR SIDES
- FADED TEXT
- ILLEGIBLE TEXT
- SKEWED/SLANTED IMAGES
- COLORED PHOTOS
- BLACK OR VERY BLACK AND WHITE DARK PHOTOS ✓
- GRAY SCALE DOCUMENTS

IMAGES ARE BEST AVAILABLE COPY.

**As rescanning documents *will not* correct images,
please do not report the images to the
Image Problem Mailbox.**

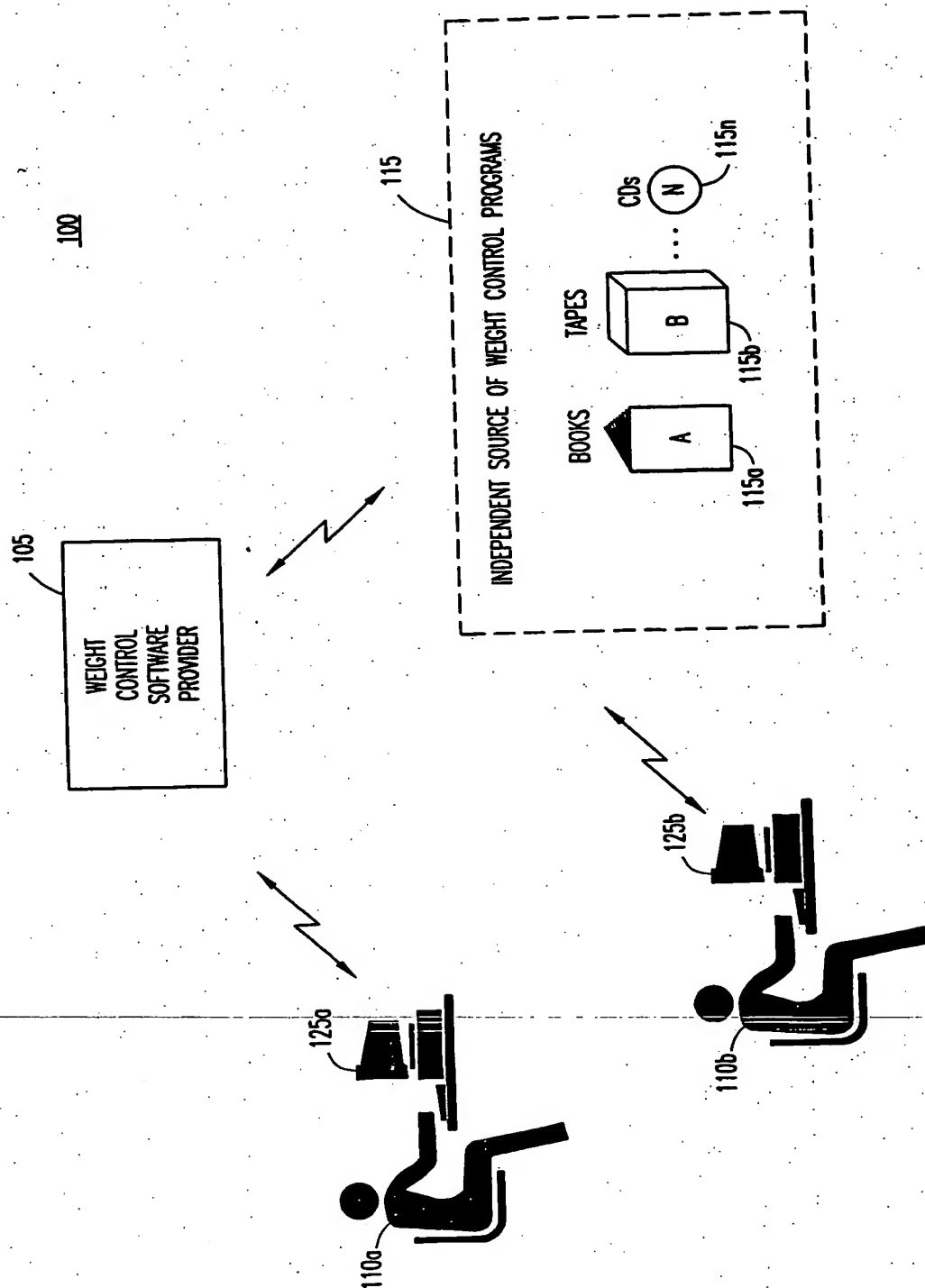


FIG. 1

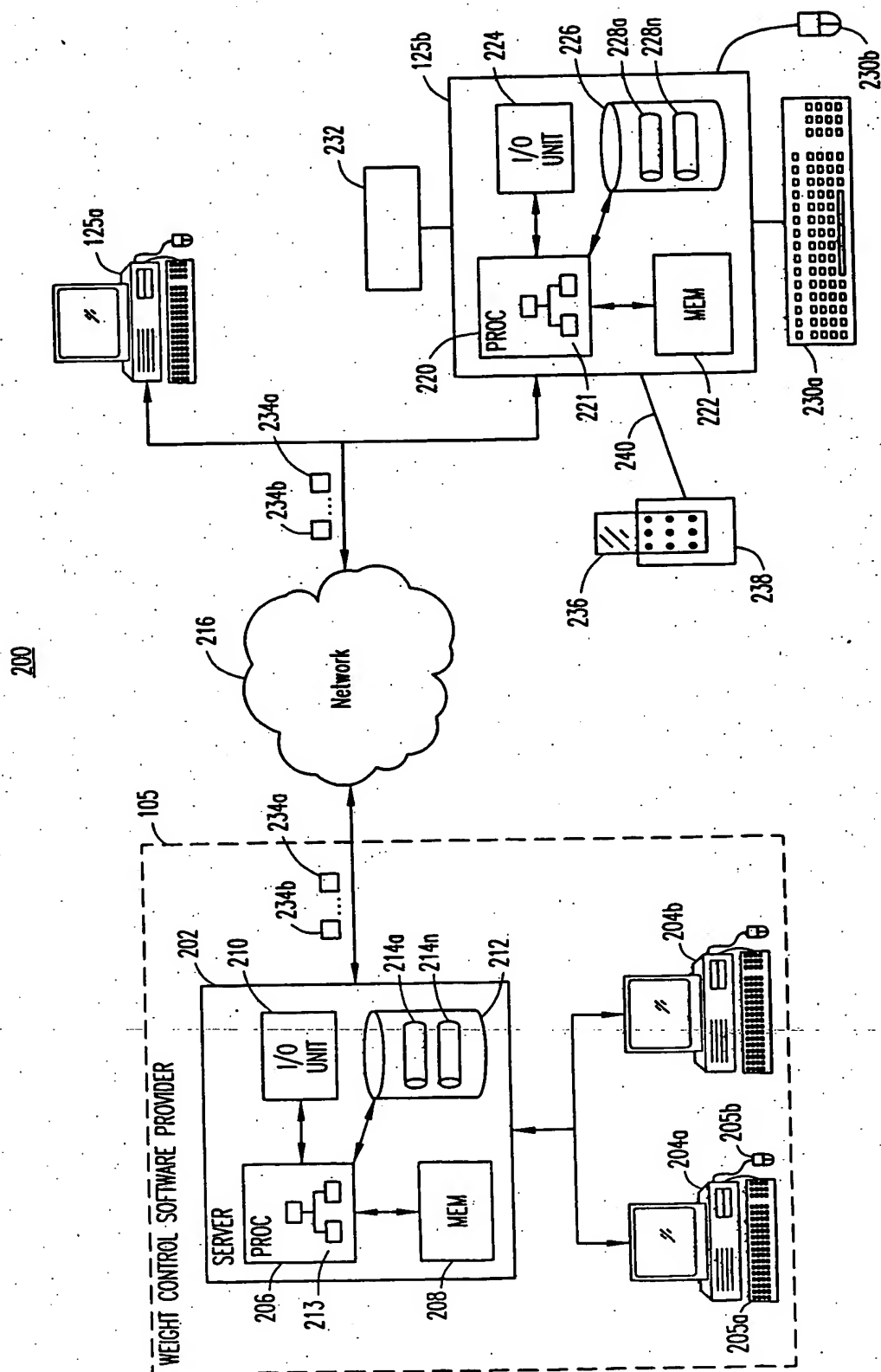


FIG. 2

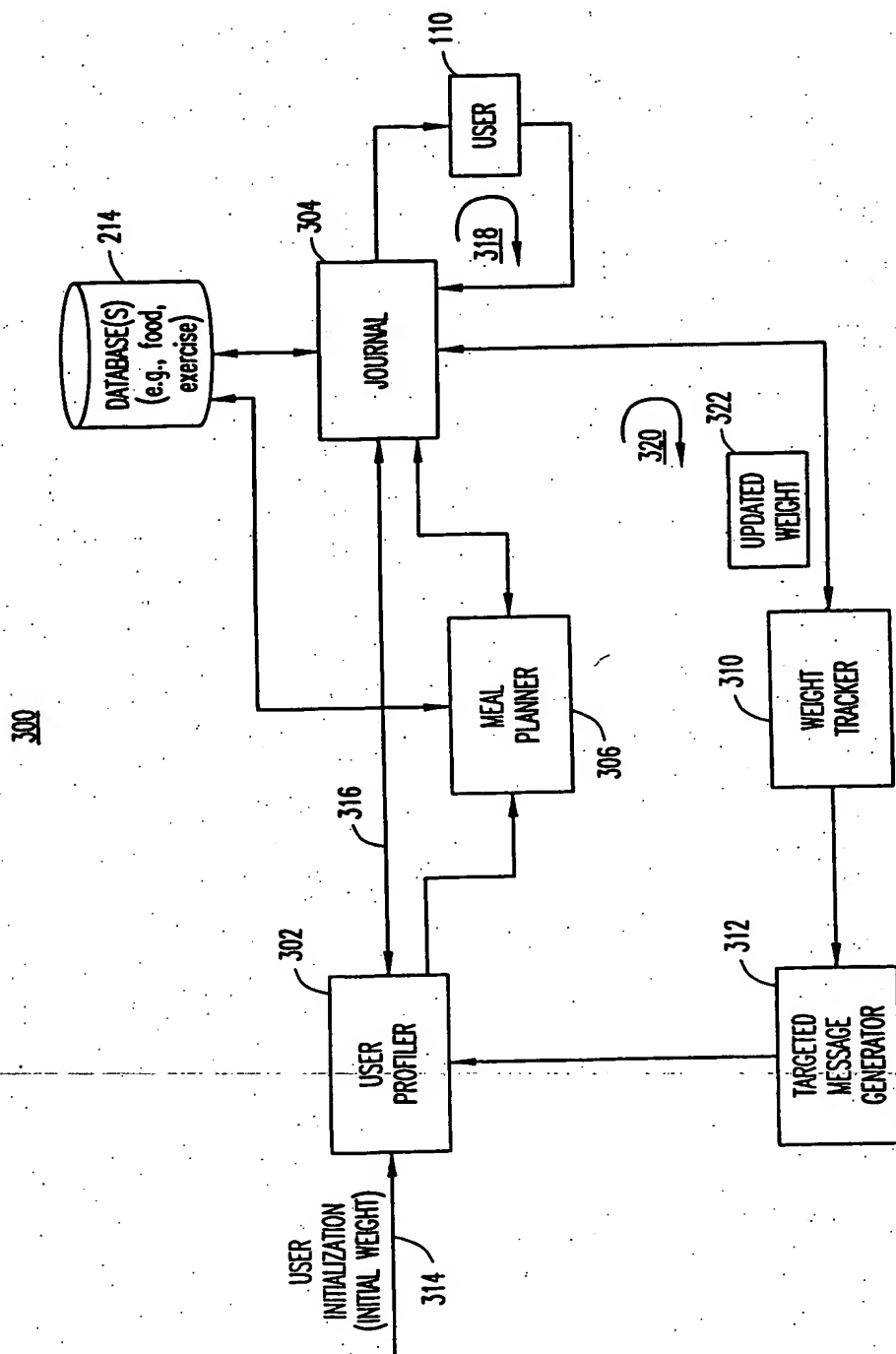


FIG. 3

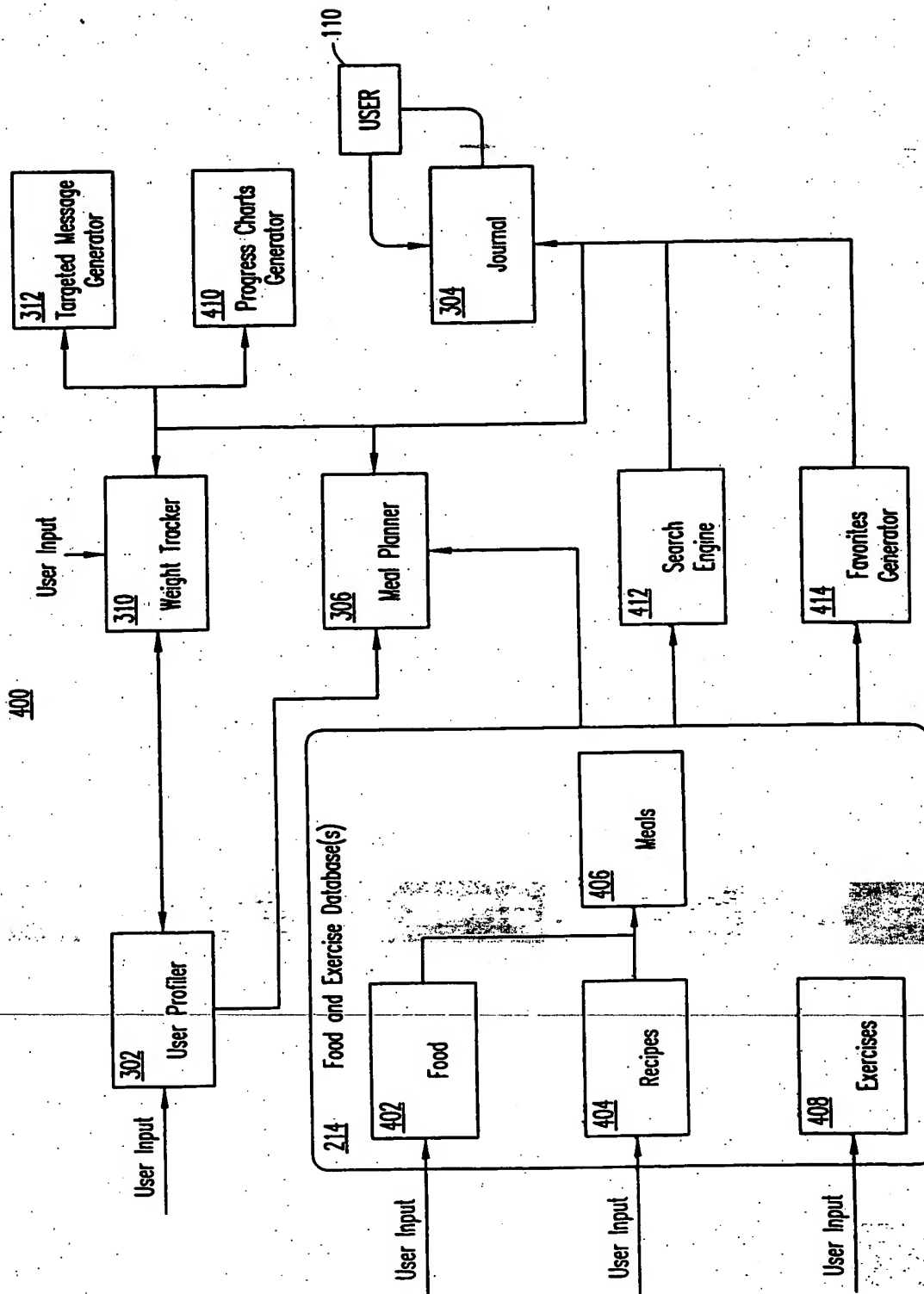


FIG. 4

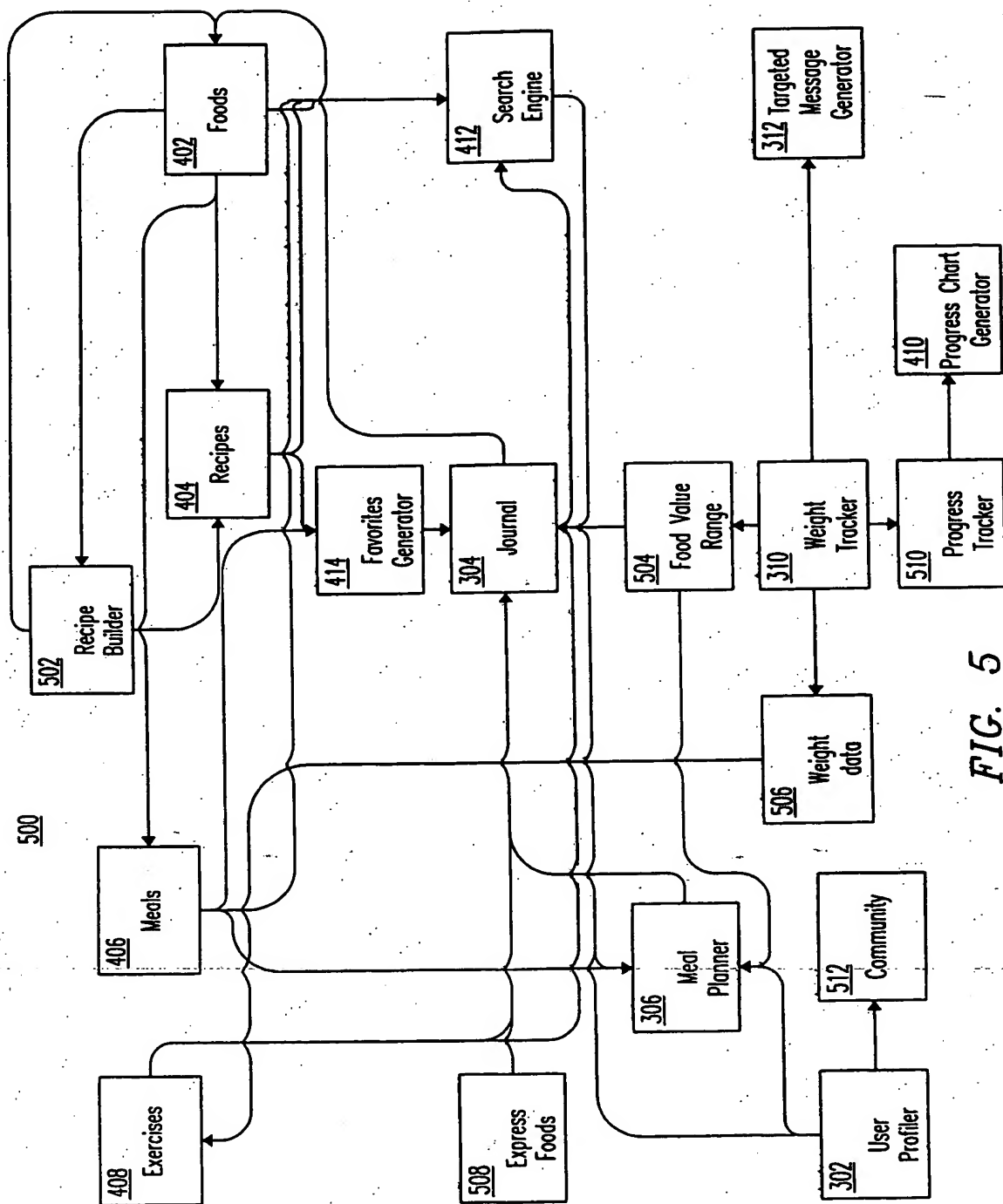


FIG. 5

6/28

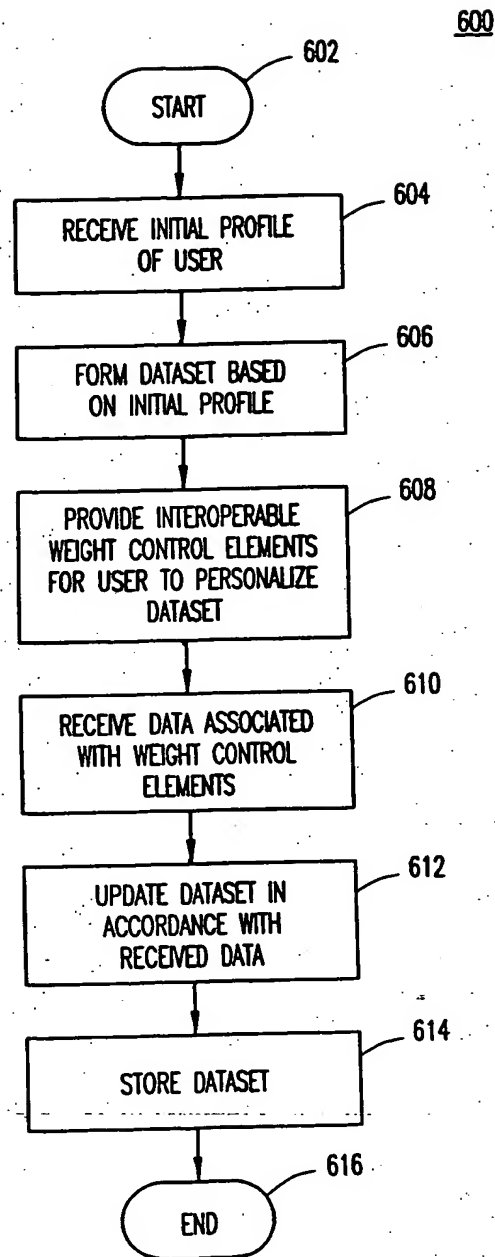


FIG. 6

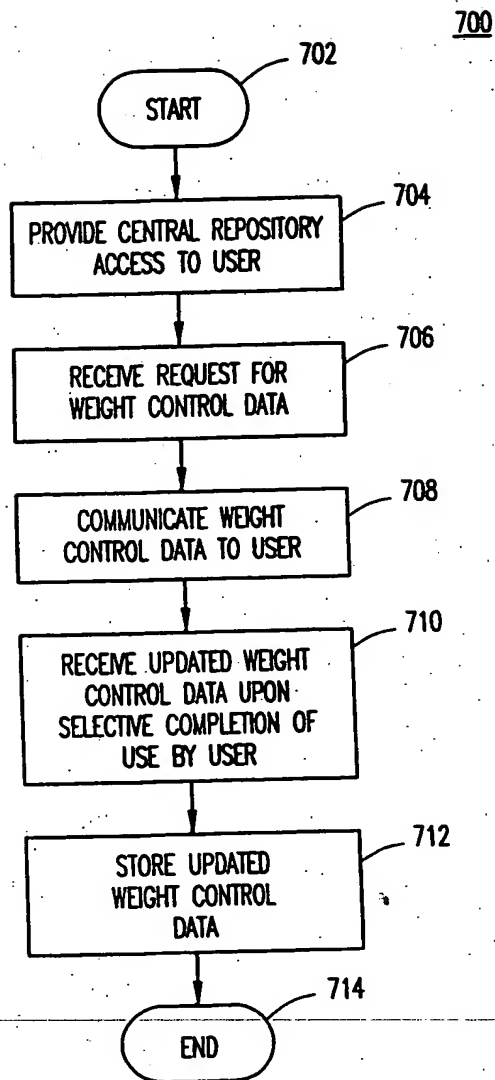


FIG. 7

8/28

806 home the plan community success stories food & recipes healthy life fitness just for me shop 804 LOGIN

802 find a meeting about us my profile site map help

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living 808

826 panic

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

810

Make changes to Weight Information

Personal Information	812	Other Characteristics
First name: John		Attitude: Generally Happy
Last name: Smith		Athletic: Yes
Address: 1 MAIN ST.		Eye color: Blue
City: Anytown		Hair color: Brown
State: NY		
Zip code home: 12345		Other Demographics
Zip code work: 12346	814	Race: Caucasian
Country: United States		Religion: Catholic
Phone: (212) 555-1234		Ethnicity: Irish
E-mail: jsmith@workplace.com		Blood type: A+
Receive Information: No	816	Health Restrictions
E-mail Weight Loss Progress: No		None
E-mail Format: text	818	Desired Meal Plan Type
Profession: Professional (e.g., doctor, lawyer)		Regular
Marital status: Single		
Number of children: 0		
Lifetime Member: 98765		
Meeting Member number: 98765		

Make changes to Personal Information

Payment Information

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002

822

Name as it appears on the card: John Q Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for

Monthly Fee: \$8.00 x 6 = \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

824

FIG. 8

9/28

900a

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

802 find a meeting about us my profile site map help LOGOUT

806 806b

home my plan community success stories food & recipes healthy life fitness just for me shop

Journal Weight Tracker Progress Charts My Favorites POINTS Calculators Assessment Tools for Living Intro to eTools

808a 808

914

my journal 904a 904b 904c 904d 906

Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3

print day print blank journal user guide

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time: 908

920 Morning Midday Evening Snack

Step 2: To add food, you can either:

- Search our food database: toast FIND
- Select a favorite: Select from My Favorites ADD
- Express it! Enter your food and its POINTS value: Food: POINTS: ADD

POINTS Calculator

Need Help? Go to the Journal User Guide Find tips from others on the Weight Watchers eTools Tip Exchange

DELETE CHECKED ITEMS 918 SAVE & BANK

910 Total Food POINTS used 24

Morning 912

1 medium pear(s)	1
1 cup light artificially sweetened yogurt	2
1/2 cup General Mills Whole Grain Total	1
6 average almonds	1
MAKE THIS MEAL A FAVORITE	Subtotal 5
Midday	
6 oz baked potato	3
1 oz low-fat cheddar or colby cheese	1
1/2 cup cooked broccoli	0
2 cup mixed greens	0
1 tsp olive oil	1
1 Tbsp vinegar	0
1 medium orange(s)	1
MAKE THIS MEAL A FAVORITE	Subtotal 6

Internet

FIG. 9

10/28

1000

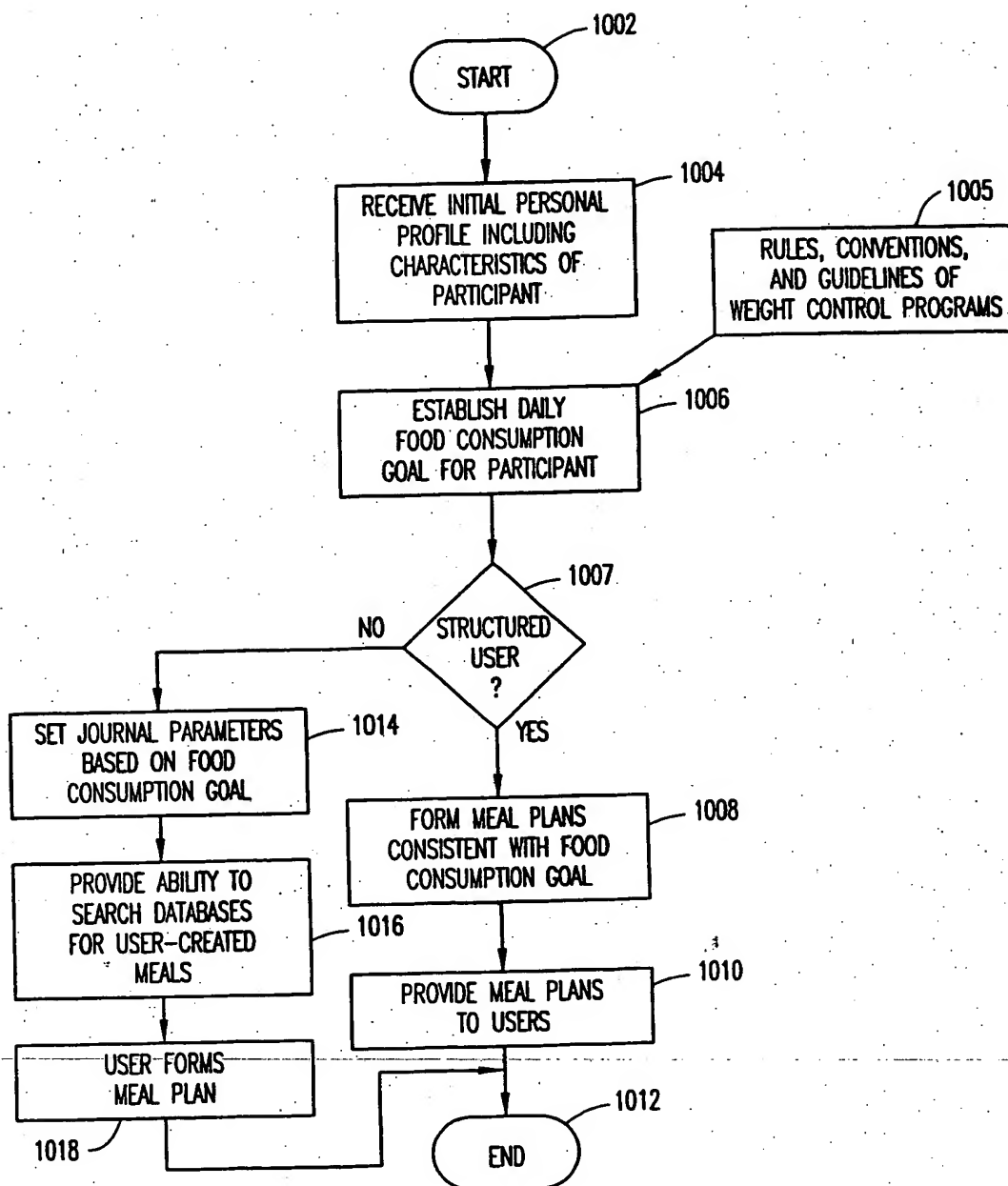


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or [view all activities](#):
1104 1106
- Select a favorite: [Edit Exercise](#)
- Express It! Enter your food and its POINTS value:
Food: POINTS:
- [POINTS Calculator](#)

Need Help? Go to the [Journal User Guide](#) Find tips from others on the [eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 906 [print day](#) [print blank journal](#) [user guide](#)

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:
☒ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:
☒ Search our food database
☐ Select a favorite: [Edit Favorites](#)

☐ Express it! Enter your food and its POINTS value:
 Food: POINTS:
☐ POINTS Calculator

[Need Help? Go to the Journal User Guide.](#) [Find tips from others on the eTools Tip Exchange](#)

☐ Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)
☐ View your meal plans

DELETE CHECKED ITEMS

☐ Check All Total Food POINTS used 24

Morning
☐ 3 slice(s) crisp cooked bacon 4
☐ 2 large fried egg(s) 5
 Subtotal 9

Midday
☐ 1 small serving(s) cooked lean beef steak 7
☐ 1 cup(s) fruit salad 2
 Subtotal 9

Evening
 Subtotal 0

Snack
 Subtotal 0

1102 Total Food POINTS used 18
 Total Food POINTS left for today 9

Exercise
☐ 60 min jogging 7
 Total Activity POINTS earned 7

Check off daily on these important items
 Water 1204 ☐ Multivitamin Supplement
☐ Fruits & Vegetables 1206 ☐ Milk & Milk Products
☐ ☐

DELETE CHECKED ITEMS

Internet

FIG. 12

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 0 906

[print day](#) [print blank journal](#) [user guide](#)

914

904d

906

DELETE CHECKED ITEMS SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

Subtotal 9

MAKE THIS MEAL A FAVORITE

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

Subtotal 9

MAKE THIS MEAL A FAVORITE

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

Today's date

The journal day you are viewing

Your scheduled weight tracking day

journal is complete: POINTS are banked!

1302

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

Internet

FIG. 13

14/28

1400

806e

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#)

LOGOUT

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#)

ponic

[Articles](#) | [Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

meal plans

808c

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#)

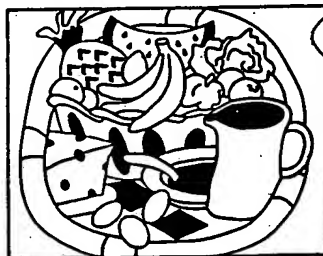
[see Daily View](#)

[print](#)

[help](#)

Jan 23 - Jan 29

[add plan to my journal](#)



1402

☒ WEDNESDAY

POINTS

23

☐ MORNING:

☐ Cheese Omelet

6

☐ MIDDAY:

☒ Veggie Chili

5

☐ EVENING:

☒ Apricot Turkey Br...

7

☐ SNACK:

☒ Snacks and Treats

5

POINTS

23

☒ THURSDAY

☐ MORNING:

☒ Almond Apricot Flakes

6

☐ MIDDAY:

☒ Turkey Roller

5

☐ EVENING:

☒ Orange-Lemon Scallops

7

☐ SNACK:

☒ Throughout the Day

5

POINTS

24

☒ SATURDAY

☐ MORNING:

☒ From the Coffee Shop

5

☐ MIDDAY:

☒ Grilled Swordfish ...

6

☐ EVENING:

☒ Indian Take-Out

8

☐ SNACK:

☒ On the Go

5

POINTS

23

☒ MONDAY

☐ MORNING:

☒ Apricot Yogurt Sundae

5

☐ MIDDAY:

☒ Super Salad

6

☐ EVENING:

☒ Quick Bite Before ...

7

☐ SNACK:

☒ Crunchy Snacks

5

POINTS

24

☒ FRIDAY

☐ MORNING:

☒ Yogurt Topped Fruit

5

☐ MIDDAY:

☒ Cheese & Broc ...

6

☐ EVENING:

☒ Spicy Pork Sauté

8

☐ SNACK:

☒ Savory Snacks

5

POINTS

24

☒ SUNDAY

☐ MORNING:

☒ Raisin Nut Flakes

6

☐ MIDDAY:

☒ Turkey Sandwich w ...

5

☐ EVENING:

☒ Baked Beef Fajita

8

☐ SNACK:

☒ Sweets and Treats

5

POINTS

24

☒ TUESDAY

☐ MORNING:

☒ Apple-Almond Topp ...

6

☐ MIDDAY:

☒ Bacon & Grill ...

5

☐ EVENING:

☒ Turkey-Squash Sti ...

8

☐ SNACK:

☒ Sweet and Salty S ...

5

[add plan to my journal](#)

[view next week's plan](#)

[see Daily View](#)

[print](#)

[help](#)

need help?

[Learn more and answer questions in our meal plan user guide.](#)

[meal plan user guide](#)

[meal planner profile](#)

[Plan for Me-Plan](#)

[Special diet/Regular](#)

[POINTS range/22-27](#)

[edit meal plan profile](#)

[about meal plans](#)

FIG. 14

my shortcuts [LOGOUT](#)
to weight loss tools.

Welcome Kevin!
I'm not Kevin | [edit profile](#)
[Pick my avatars!](#)
MY TOOLS

JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS[®] CALCULATORS
RECIPE SEARCH
RECIPE BUILDER

MY RESOURCES
[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
[Eating Out Guide](#)
[eTools Tip](#)
[Exchange](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS
75202 | [edit](#)
Enter a zip code below:
 [GO](#)

[Don't know zip code](#)
MY NEWSLETTER & MORE
[Choose your options](#)
GET HELP
[Frequently Asked Questions](#)
[Contact Us](#)

meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- 3 medium egg white(s) 1
 - 1 tsp basil 0
 - 1 oz low-fat cheddar or colby cheese 1
 - 1 slice high-fiber bread 1
 - 1 cup canned fruit cocktail, packed in water 1
 - 1 cup low-fat milk 2

1502

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- 1 cup Health Valley Mild Vegetarian Chili 2
 - 1 cup fresh vegetable sticks 0
 - 1 Tbsp reduced-calorie salad dressing 1
 - 1 cup grapes 1
 - 1 slice toasted wheat bread 1
 - 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- 4 oz boneless, skinless turkey breast(s) 3
 - 1 Tbsp apricot jam 1
 - 1 tsp ground ginger 0
 - 3/4 medium acorn squash 2
 - 1/8 tsp ground cinnamon 0
 - 1 Tbsp light butter 1
 - 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- 1 cup 0-POINT soup 0
 - 1 cup fresh vegetable sticks 0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet/Regular](#)
- [POINTS range/22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

FIG. 15A

1500b

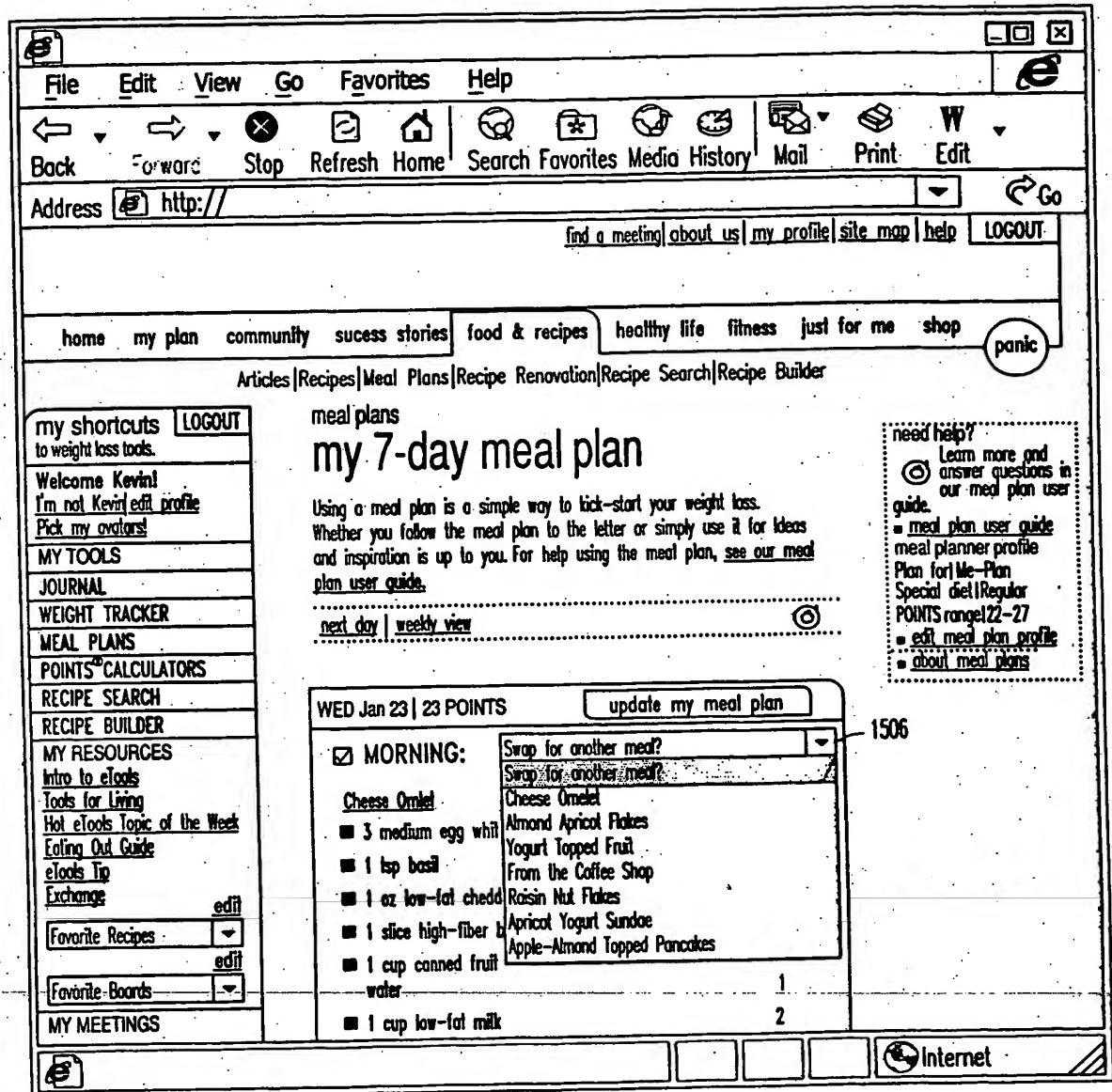


FIG. 15B

17/28

900e

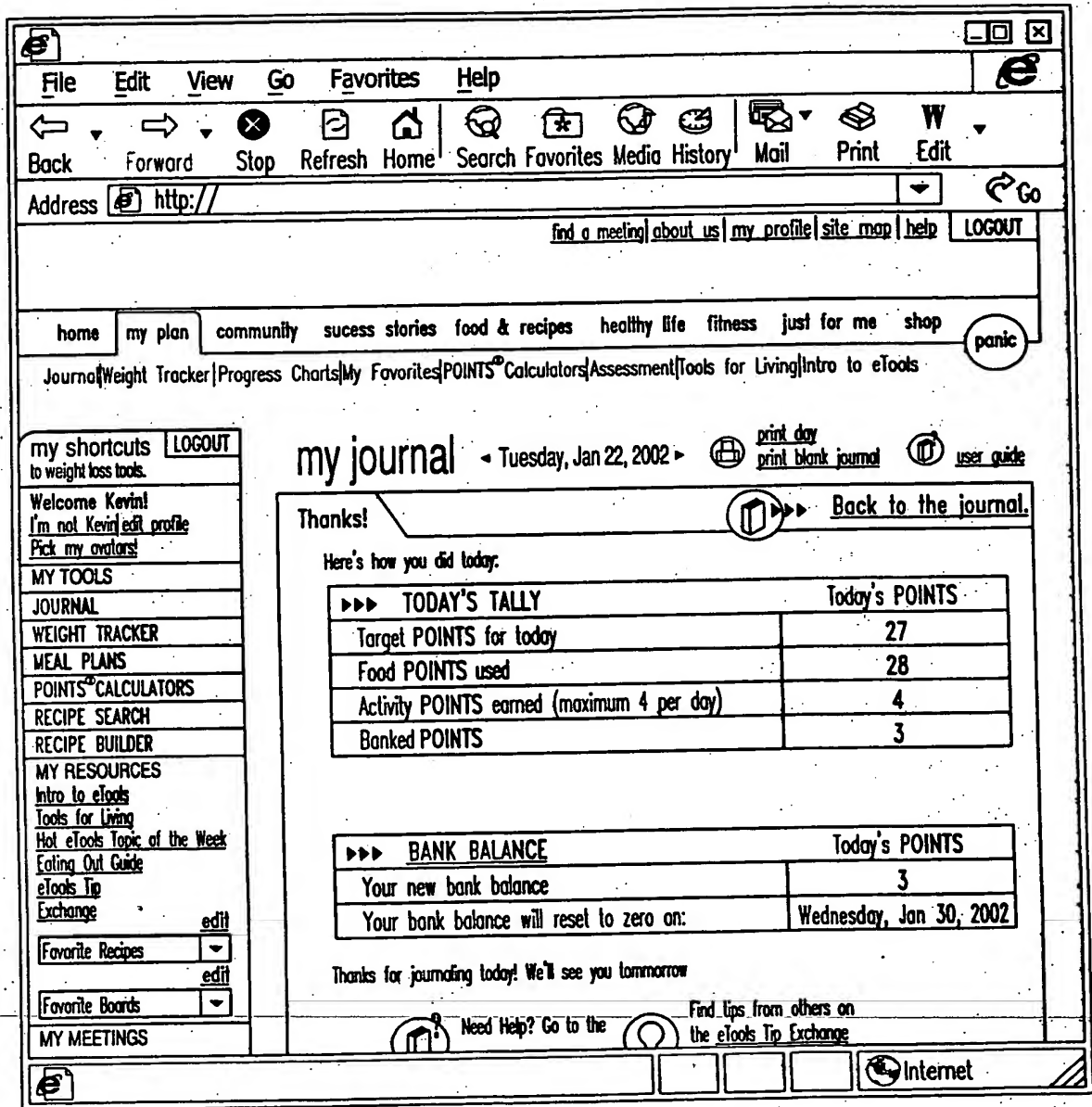


FIG. 16A

900f

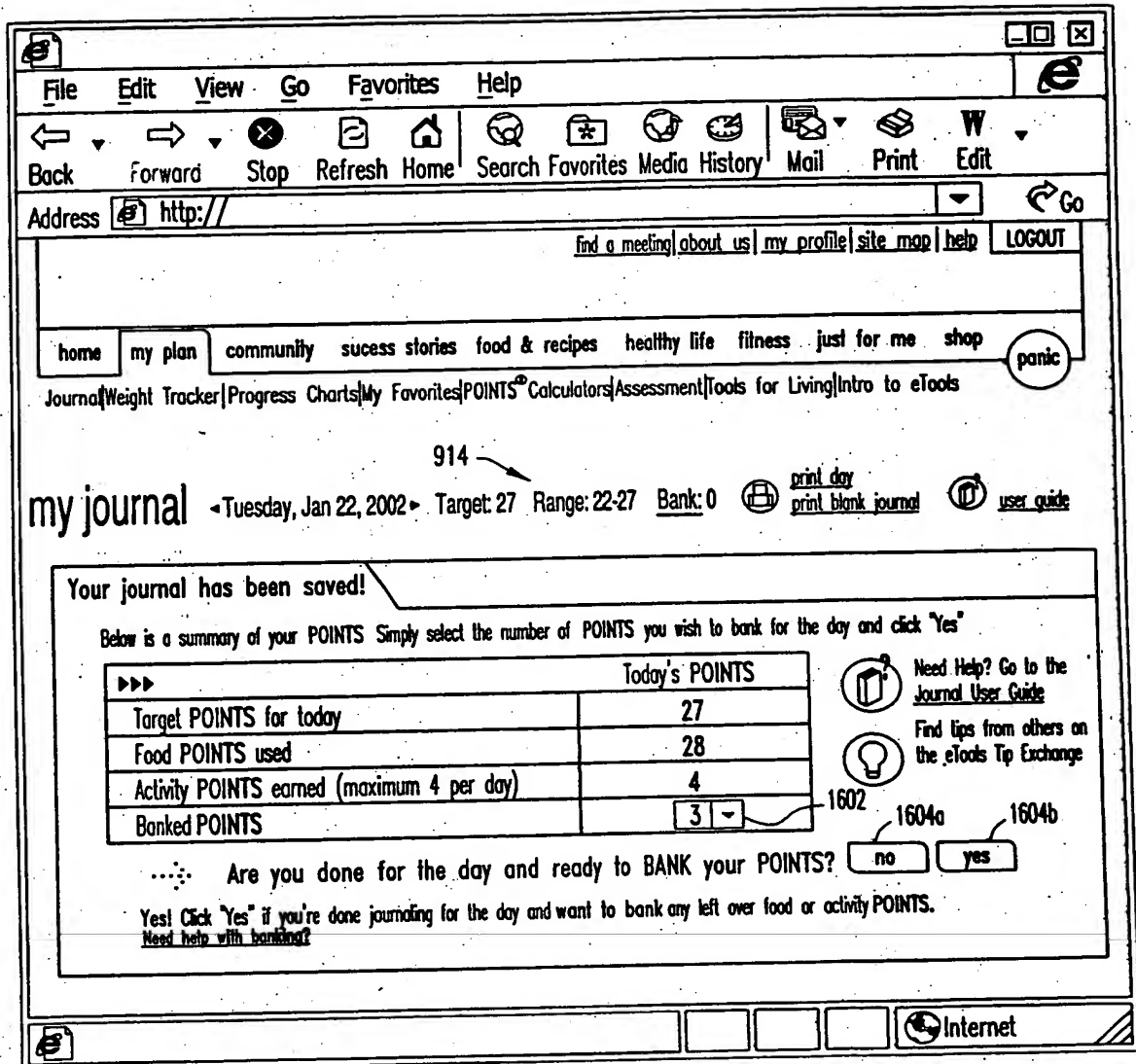


FIG. 16B

19/28

1700

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) | [LOGOUT](#)

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#) | [panic](#)

[Articles](#) | [Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

[my shortcuts](#) | [LOGOUT](#)
to weight loss tools.

Welcome Kevin!
[I'm not Kevin](#) | [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

[JOURNAL](#)
[WEIGHT TRACKER](#)
[MEAL PLANS](#)
[POINTS[®] CALCULATORS](#)
[RECIPE SEARCH](#)
[RECIPE BUILDER](#)

MY RESOURCES

[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
[Eating Out Guide](#)
[eTools Tip](#)
[Exchange](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 | [edit](#)
Enter a zip code below

[Go](#)
[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)
[Contact Us](#)

recipes

results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

Browse

All [▼](#)

[FIND](#)

Search Keywords:

POINTS range: to [FIND](#)

Looking for mor options? [Refine your search.](#)

1702

Recipe, POINTS per serving

[Apple Braised Chicken](#), 5
[Baked Chicken with Sun dried Tomato Sauce](#), 5
[Barbecue Chicken and Black Bean Pizza](#), 7
[Basque Chicken](#), 7
[Chicken and Dumplings](#), 5
[Chicken and Sausage Gumbo](#), 6
[Chicken Burritos](#), 5
[Chicken Enchiladas](#), 7
[Chicken Fajitas](#), 6
[Chicken Fingers with Barbecue Sauce](#), 5
[Chicken in Apricot Sauce](#), 5
[Chicken Jambalaya](#), 6
[Chicken Mole Wraps](#), 7
[Chicken Poella](#), 7
[Chicken Parmigiana Sandwich](#), 6
[Chicken Poppers](#), 6

[Chicken Pot Pie](#), 6
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5
[Chicken Saute with Pine Nuts](#), 6
[Chicken Stewed with Artichokes and Tomatoes](#), 5

Course

Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals, Soups
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Main Meals
Sandwiches
Main Meals, Side
Dishes

Time

55 min
30 min
30 min
45 min
40 min
33 min
37 min
60 min
25 min
22 min
45 min
50 min
31 min
330 min
35 min
20 min

65 min
20 min
25 min
50 min

FREE! for all visitors



Share your
favorite recipes
with new friends

[Go to community Recipe
Sage](#)

for subscribers only

POINTS calculator
Find POINTS for thousands
of foods.
[Calculate food POINTS](#)

recipe plans
Find POINTS for your
favorite recipes.
[Calculate recipe POINTS](#)

recipe plans
Get delicious meal
suggestions for every day of
the week
[View Meal Plans](#)

[Learn more about
subscriber benefits](#)

Browse

All [▼](#)

[FIND](#)

Search Keywords:

POINTS range: to [FIND](#)

Looking for mor options? [Refine your search.](#)

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

FIG. 17

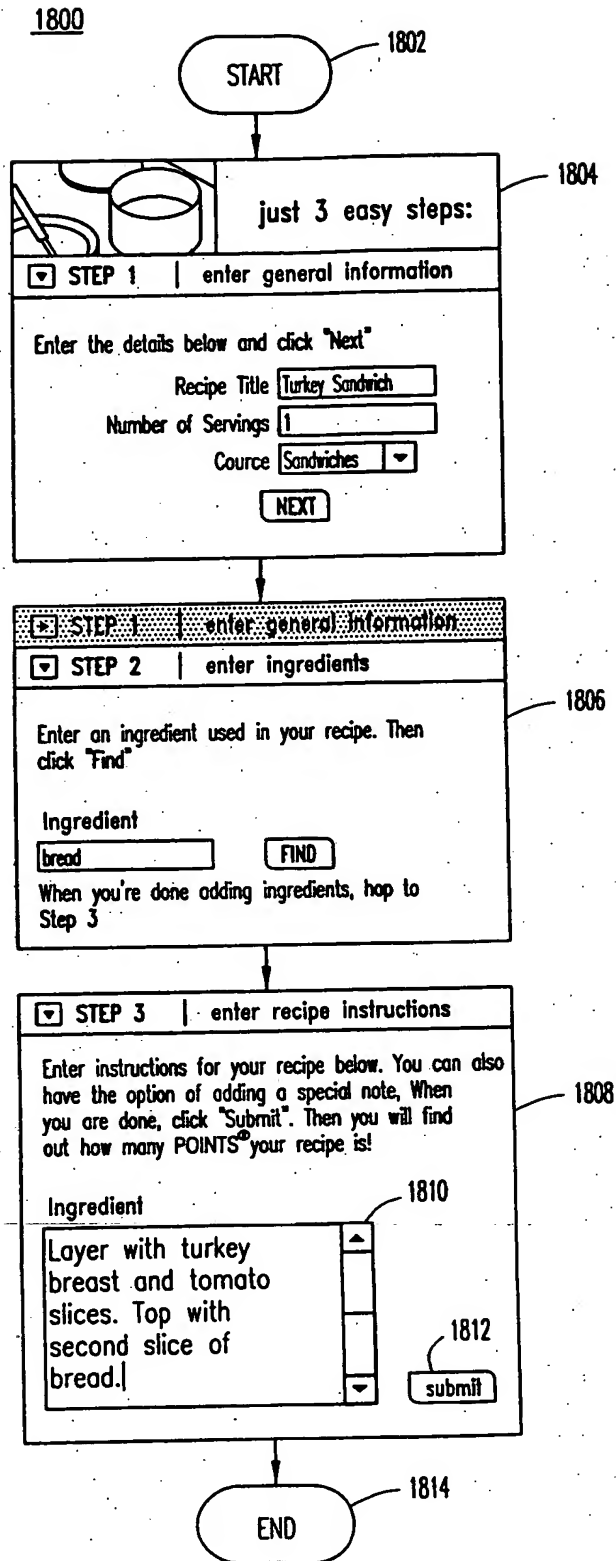


FIG. 18

806b

1900

find a meeting | about us | my profile | site map | help

LOGOUT

home

my plan

community

success stories

food & recipes

healthy life

fitness

just for me

shop

panic

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living | Intro to eTools

808b

my shortcuts

to weight loss tools

LOGOUT

Welcome Kevin!

I'm not Kevin | [edit profile](#)

[Pick my avatar!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

Favorite Recipes

[edit](#)

Favorite Boards

[edit](#)

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones

5

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

> ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first.

Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

Whether you lost big this week or were a little disappointed,

remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- The Great Weigh-In
- 20 Weight Loss Tips (from Real Meeting-Goers!)

weight loss profile

- Main
- View & Edit Weights
- Enter Previous Weights
- Additional Information

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

FIG. 19

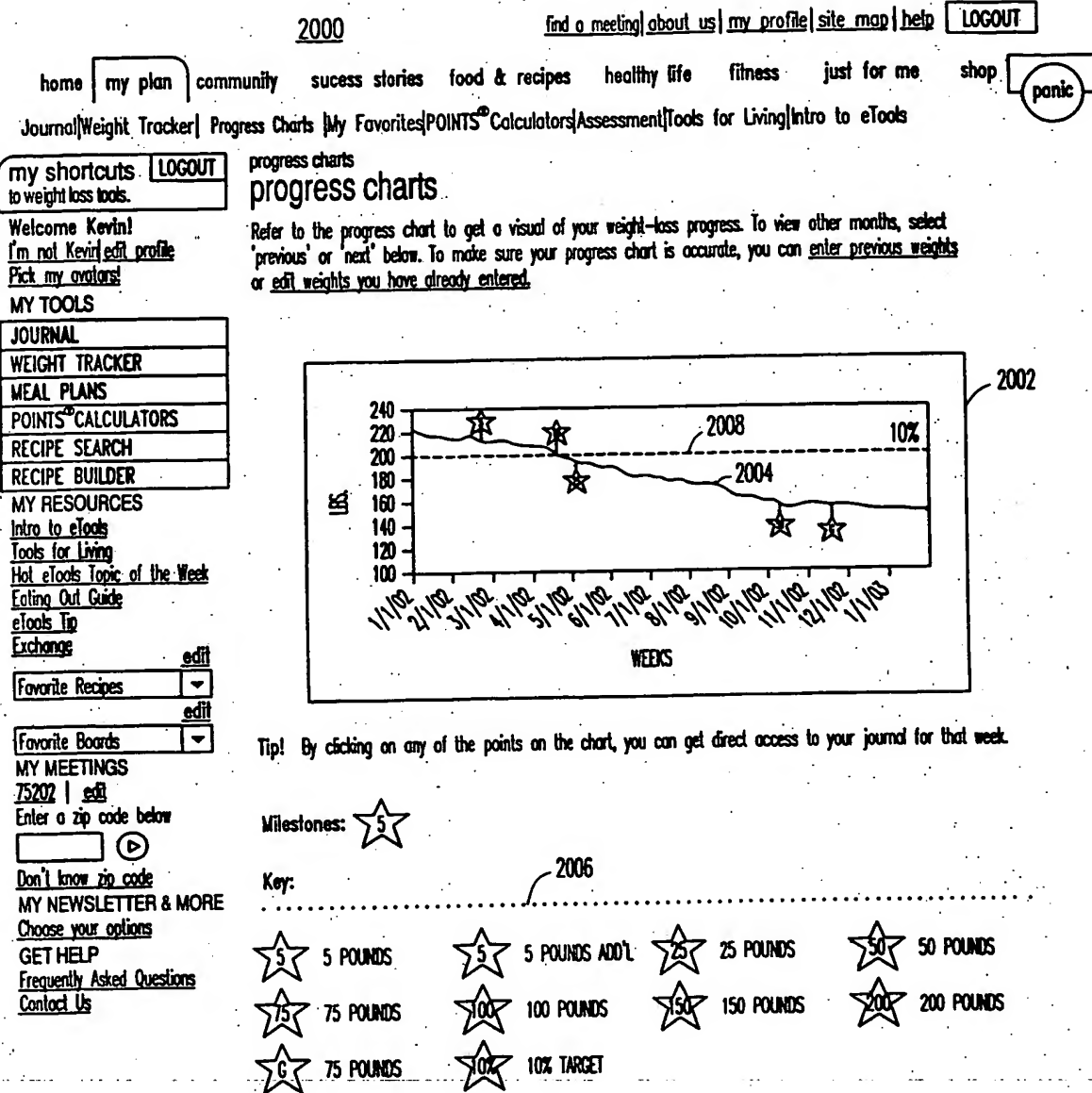


FIG. 20

2100

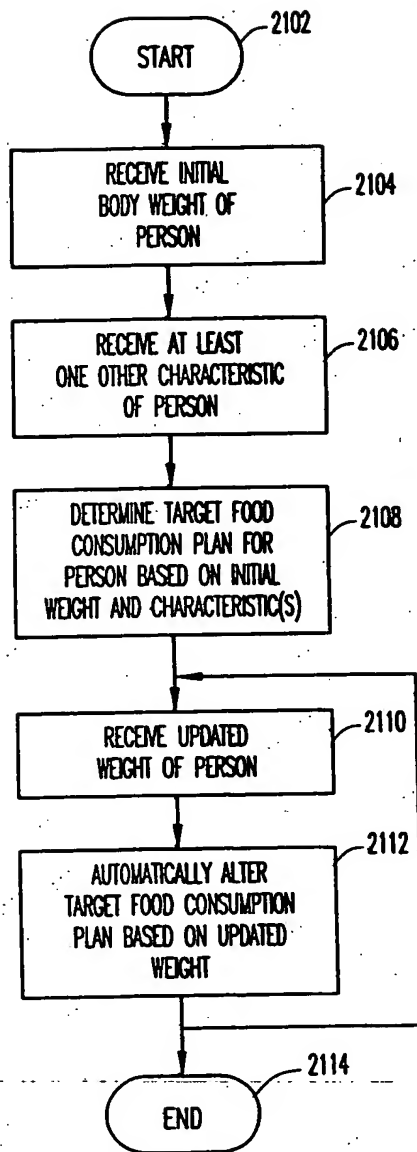


FIG. 21

2200
[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#)

826

panic

my shortcuts [LOGOUT](#)
to weight loss tools.
Welcome Kevin!
[I'm not Kevin](#) [edit profile](#)
[Pick my avatars!](#)
MY TOOLS
JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS[®] CALCULATORS
RECIPE SEARCH
RECIPE BUILDER
MY RESOURCES
[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
[Eating Out Guide](#)
[eTools Tip](#)
[Exchange](#)
[Favorite Recipes](#) [edit](#)
[Favorite Boards](#) [edit](#)
MY MEETINGS
[75202](#) | [edit](#)
Enter a zip code below
 [Go](#)
[Don't know zip code](#)
MY NEWSLETTER & MORE
[Choose your options](#)
GET HELP
[Frequently Asked Questions](#)
[Contact Us](#)

don't panic!

...we know how hard it can be.

Never trade what you want at the moment
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource
Thousands of people just like you use our chat and message boards for
inspiration and encouragement. See how they tackled the problems you face.
[chat with others now](#)
[go to newbie board](#)

your best resource
Our leaders provide the best answers to all your questions about weight loss.
[find a meeting](#)

get help
Panicking cause you're having problems using some of the tools on our site?
[frequently asked questions](#)

2202

FIG. 22

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools

my shortcuts LOGOUT
to weight loss tools.

Welcome Kevin!
I'm not Kevin! edit profile
Pick my avatars!

MY TOOLS
JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS® CALCULATORS
RECIPE SEARCH
RECIPE BUILDER
MY RESOURCES
Intro to eTools
Tools for Living
Hot eTools Topic of the Week
Eating Out Guide
eTools Tip
Exchange edit
Favorite Recipes edit
Favorite Boards

MY MEETINGS
75202 | edit
Enter a zip code below
Don't know zip code
MY NEWSLETTER & MORE
Choose your options
GET HELP
Frequently Asked Questions
Contact Us

my profile
edit public profile

Select another page in my profile

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

make public 2304

User name: John Smith 2302

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: http://www.workplace.com

Astrological sign: Beam me up, Scottie

submit

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

submit 2306

Internet

FIG. 23

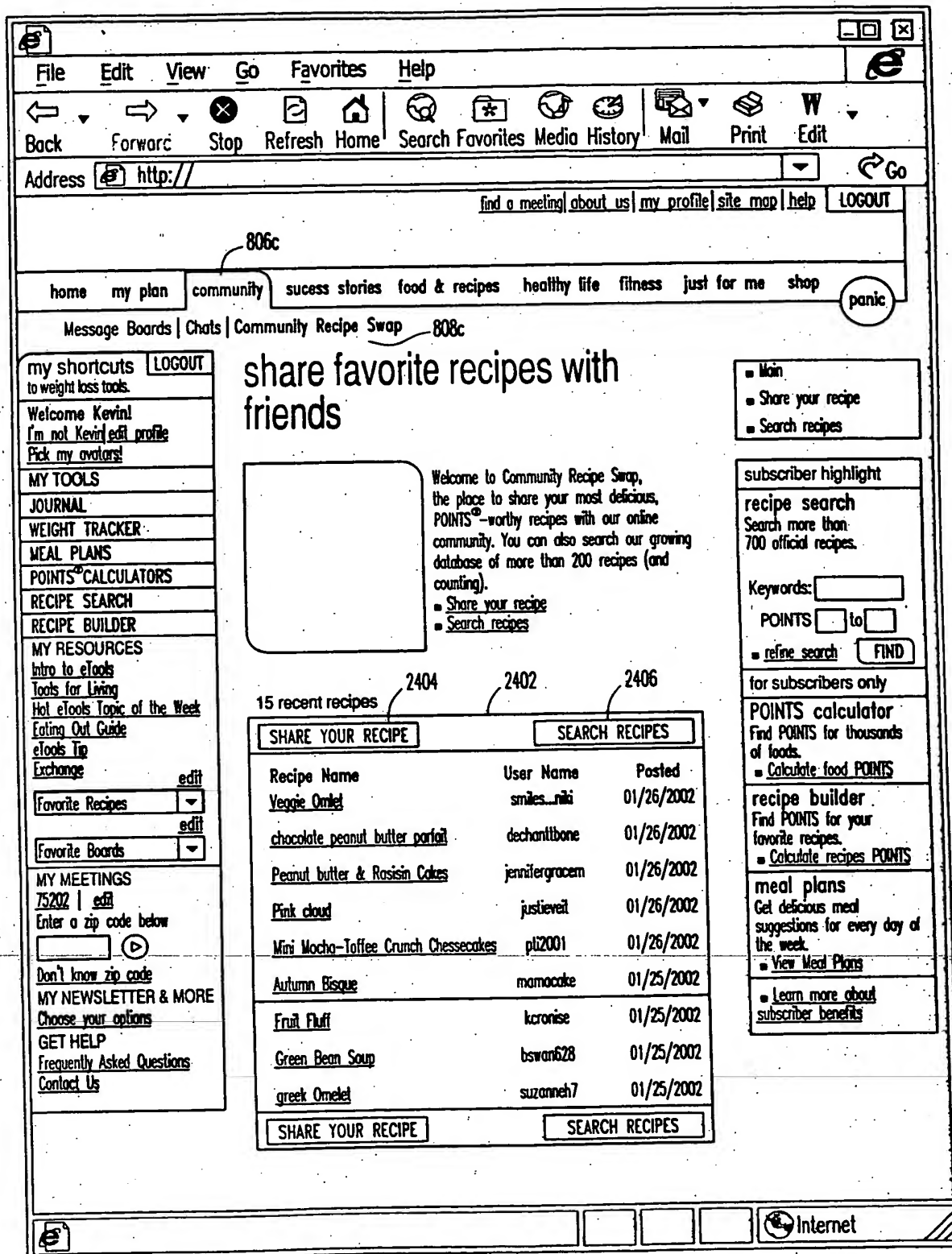


FIG. 24A

2400b

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing 'http://'. Navigation links at the bottom include 'find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button.
- Navigation Bar:** Contains links for 'home', 'my plan', 'community' (labeled 806c), 'sucess stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', 'shop', and a 'panic' button.
- Left Sidebar:**
 - my shortcuts:** 'to weight loss tools.', 'Welcome Kevin!', 'I'm not Kevin! edit profile', 'Pick my orders!'
 - MY TOOLS:** 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS[®] CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER'.
 - MY RESOURCES:** 'Intro to eTools', 'Tools for Living', 'Hot eTools Topic of the Week', 'Eating Out Guide', 'eTools Tip', 'Exchange'.
 - Favorite Recipes:** A dropdown menu with an 'edit' link.
 - Favorite Boards:** A dropdown menu.
 - MY MEETINGS:** '75202 | edit', 'Enter a zip code below' (with a search button), 'Don't know zip code'.
 - MY NEWSLETTER & MORE:** 'Choose your options'.
 - GET HELP:** 'Frequently Asked Questions', 'Contact Us'.
- Main Content Area:**
 - community recipe swap** (labeled 808c)
 - share your recipe**
 - Text:** 'Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit." Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS[®].' and 'IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.'
 - Form Fields:**
 - Recipe Title:** Input field (labeled 2410).
 - From the Kitchen of:** Text label.
 - Meal Course:** Dropdown menu (labeled 2412, currently set to 'Breakfast').
 - Number of Servings:** Input field (labeled 2414).
 - Estimated POINTS per serving:** Input field (labeled 2416).
 - Ingredients:** Text area with a vertical scrollbar (labeled 2418).
 - Instructions:** Text area with a vertical scrollbar (labeled 2420).
 - Special Notes:** Text area with a vertical scrollbar (labeled 2422).
 - Buttons:** 'RESET' and 'SUBMIT' buttons (labeled 2424).
- Right Sidebar:** A box containing links: 'Main', 'Share your recipe', and 'Search recipes'.

FIG. 24B

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. The page content includes a navigation bar with links like 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A sidebar on the left contains 'my shortcuts' (Logout, Welcome Kevin!, I'm not Kevin!, edit profile, Pick my avatars!), 'MY TOOLS' (JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER), 'MY RESOURCES' (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip, Exchange), 'Favorite Recipes', 'Favorite Boards', 'MY MEETINGS' (75202 | edit, Enter a zip code below), 'MY NEWSLETTER & MORE' (Choose your options), and 'GET HELP' (Frequently Asked Questions, Contact Us). The main content area is titled 'community recipe swap' and 'share your recipe'. It includes a search bar with 'browse recipes' and a dropdown menu set to 'All'. Below this is a 'search' section with 'Search by:' options for 'recipe name' and 'user name', and a 'Find' button. A 'refine search' section allows users to search for any combination of categories below, with more options leading to more refined results. A 'Meal Course' section lists categories like Beverages, Light Meals, Side Dishes, Breakfast, Main Meals, Snacks, Cakes, Sandwiches, Soups, Desserts, and Sauces. A 'Posting Date' section allows users to search for recipes posted in the last 30 days. The right sidebar contains a 'subscriber highlight' section with links to 'Main', 'Share your recipe', and 'Search recipes'. Below this is a 'recipe search' section with a 'Find what you're craving' link and a 'subscriber highlight' section with links to 'Go to Recipe Search' and 'Learn more about subscriber benefits'. The bottom of the page shows a status bar with 'Internet' and a small icon.

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http://

find a meeting about us my profile site map help LOGOUT

home my plan community success stories food & recipes healthy life fitness just for me shop

Message Boards | Chats | Community Recipe Swap

community recipe swap

my shortcuts **Logout**
to weight loss tools.

Welcome Kevin!
I'm not Kevin! [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

community recipe swap

share your recipe

Browse or search more than 2000 user-recommended recipes below.

browse recipes All FIND

search Search by: recipe name user name

Enter Name: FIND

refine search

Search for any combination of categories below. The more options you choose, the more refined your search will become.

Estimated POINTS®

Range: to

Meal Course

☐ Beverages ☐ Light Meals ☐ Side Dishes

☐ Breakfast ☐ Main Meals ☐ Snacks

☐ Cakes ☐ Sandwiches ☐ Soups

☐ Desserts ☐ Sauces

Posting Date

Search for recipes posted in the last 30 Days FIND

subscriber highlight

recipe search

Find what you're craving

Search more than 700 official recipes.

[Go to Recipe Search](#)

[Learn more about subscriber benefits](#)

for subscribers only

POINTS calculator

Find POINTS for thousands of foods.

[Calculate food POINTS](#)

recipe builder

Find POINTS for your favorite recipes.

[Calculate recipes POINTS](#)

meal plans

Get delicious meal suggestions for every day of the week.

[View Meal Plans](#)

[Learn more about subscriber benefits](#)

Internet

FIG. 24C